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Chair Yoga Instructions

By Amie Comeau, eHow Contributor

The practice of yoga does not require a mat or special clothing. The eight limbs of yoga include seven branches that require mental conditioning as well as the physical practice. Most chair yoga practices center around using the seat for meditation with the breath. Other chair practices include supporting the body with the chair to create opening and space while releasing chronically contracted muscles. Practice chair yoga at home, in your office, or any time you feel the need to be grounded and centered.

Difficulty: Moderately Easy

Instructions

Things You'll Need

- Chair
- Blanket
- Blocks

Freedom in the Seat

- 1** Adapt the seat of meditation to your chair by sitting forward in the front of the seat. Do not allow your back to sink into the back of the chair. The front edge of the chair should be meeting the bottom side of your pelvis. Your feet should touch the floor. If you need a lift to touch the floor, use a blanket or wood block so that your knees are bent and parallel to the floor.
- 2** Lengthen the spine as your breath deepens. Close your eyes to allow your mind to settle into thoughts of your breath. Pay attention to the inhale and the exhale. Breathe deeply into your abdomen, then release tension along the spine with your exhalation. Practice just breathing for at least 3 minutes. Increase the length of your breathing exercises as you become comfortable with just sitting.
- 3** Set an intention for your chair yoga practice. This intention is not a goal, but an awareness about the practice. Losing weight, gaining flexibility or

reducing anxiety are effects of chair yoga, not intentions. Your intention is a plan of action. Take care of the present and the future effect will take care of itself.

- 4 Move quietly with your breath through a series of postures. Include forward bending, back bends, twists, lateral bends and supported standing poses. Chair yoga classes can give alternatives to standing postures. Incorporate a light meditation on the breath. Use the support of the chair to deepen your inner gaze. Pay attention to how your body feels through all the transitions.
- 5 Allow your body to rest in meditation at the end of your chair yoga session. Use supports to assist with your comfort. Consider moving from the seat to the floor. Lie prone on the floor, or place your lower legs up on the seat of the chair to deepen your final relaxation. Rest for at least 5 minutes before ending your chair yoga practices.

Tips & Warnings

- Take a chair yoga class with a qualified instructor. Ask the instructor about any health concerns you have.
- Chair yoga is a gentle, supportive type of practice. Do not exert your body toward pain or even discomfort.